

# exercise with fitness factory

• Aerobic Exercise & Muscle Toning  
Classes for Men & Women  
• Step and step combo classes now available

## SUMMER CLASS SCHEDULE

### WAYNE

**Sponsored by Wayne Parks & Recreation:**  
Wayne Community Center  
(4625 Howe Rd., Howe & Arroyo)

10 weeks  
2 days per week: Recreation Member \$44 Non-resident member \$54  
Unlimited Recreation Member \$53 Non-resident member \$63

STIP on-site only  
M-W 7:10 P.M. STIP  
T-TH 6:00 P.M. Hi/Low Impact June 20 C Kity

### WILMINGTON

Wilmington Health and Life Free Methodist Church 10 weeks  
(2845 Weaver Rd., E. of Highway, behind Day Hut)

1 day per wk \$25 2 days \$54 Unlimited \$69  
NO CLASSES 6/20 through June 4/20

• \$10.00 rental fee will be charged for the step classes

\* M-W 8:30 A.M. Hi/Low Impact June 12 J Brandon  
M-W 7:05 P.M. STIP June 12 L Marla  
T-TH 5:55 P.M. STIP June 13 J Brandon  
T-TH 7:05 P.M. Hi/Low Impact June 13 L Marla  
S 8:30 A.M. STIP June 17 L Marla

\*Babysitting available \$1.50 per chld \$3.00 per family

### CANTON

Children's World  
(21 Lake Rd. West & Cherry Hill)

1 day per wk \$25 2 days \$54 Unlimited \$69  
M-W 6:00 P.M. Hi/Low Impact June 12 J Prevost  
Sat 1:00 P.M. Hi/Low Impact June 12 J Prevost

La Daise  
(3200 10th St. of Ford R)

1 day per wk \$25 2 days \$54 Unlimited \$69  
\*T-TH 9:30 A.M. Low Impact June 13 C Van Hout

\*Babysitting available \$1.50 per chld \$3.00 per family

### FLINTHURST

**Sponsored by FlintHurst Parks & Recreation:**  
Flinthurst Cultural Center  
(10000 N. 10th St.)

10 weeks  
3 days per wk \$25 2 days \$54 Unlimited \$69

M-W 6:00 P.M. Low Impact June 12 S King  
T-TH 9:30 A.M. Low Impact June 13 S King  
Sat 8:30 A.M. Body Sculpting June 19 S King

\*Babysitting available \$1.50 per chld \$3.00 per family

Altera Direct Lauderbach Center  
(46250 Ann Arbor Rd., W. of Center Ave. Ann Arbor Rd & McChambers)

1 day per wk \$25 2 days \$54  
\*M-W 8:00 A.M. STIP June 12 C Grant

\*Babysitting available \$1.50 per chld \$3.00 per family

STIP rental wk \$13 or bring own step

### LITOKA

Health Connection Center  
(30050 So. Main Rd., E. of Merriman)

10 weeks  
3 days per wk \$25 2 days \$54 Unlimited \$69

NO CLASSES 6/20 to 6/26

• \$10.00 rental fee will be charged for the step classes

\* M-W 8:30 A.M. Hi/Low Impact June 12 J Perez  
M-W 6:00 P.M. Low Impact June 12 J Dorene  
T-TH 7:00 P.M. Hi/Low Impact June 12 J Dorene  
\*T-TH 9:00 A.M. STIP June 13 D Dorene

\*Babysitting available \$1.50 per chld \$3.00 per family

### MACOMB

(30035 S. Main Rd., W. of Macomber)

10 weeks  
3 days per wk \$25 2 days \$54

\*M-W 8:30 A.M. Hi/Low Impact June 12 J Brandon

\*Babysitting available \$1.50 per chld \$3.00 per family

Scholarship College  
(18600 Highway, between E & 7 Mile Rd.)  
(Register through Schoolbus Lines and at the post, weight room, etc. 313-462-4112) NO CLASSES 5/28, 5/29, 6/2, 7/2, 8/2

1 day per wk \$21 (Fri & Sun only) 8 weeks  
\$10.00 registration fee will be charged at registration

M-W 8:00 P.M. Low Impact May 15 D Dorene  
M-W 7:05 P.M. Hi/Low Impact May 15 M Bica  
T-TH 8:10 P.M. Hi/Low Impact May 15 S Sorely  
T-TH 4:45 P.M. STIP May 16 S King  
T-TH 5:50 P.M. STIP May 16 J Pankin  
T-TH 6:55 P.M. Hi/Low Impact May 18 J Pankin  
F 6:00 P.M. STIP May 18 R Kitch  
SUN 1:10 P.M. Hi/Low Impact May 20 L Marla

### SAVE THIS SCHEDULE!!

### NOVI

Village Plaza  
(27220 Grand Forks N. of 9 Mile, bet. Woodward & Haggerty)

10 weeks  
1 day per wk \$25 2 days \$54 Unlimited \$69

\*M-W 8:00 P.M. Hi/Low Impact June 12 A Werther  
\*Babysitting \$1.50 per chld \$3.00 per family

Newport Center  
(43175 W. 10 Mile Rd., bet. Howe & Tully 10 weeks  
(Non-resident \$4.20))

Please bring a major towel to classes

1 day per wk \$25 2 days \$54 Unlimited \$69

• \$10.00 rental fee will be charged for the step classes or bring own step

\*M-W 8:00 A.M. Low Impact June 12 C Wood  
\*M-W 10:10 A.M. Low Impact June 12 C Wood  
\*M-W 6:00 P.M. Hi/Low Impact June 12 L Burke  
\*M-W 7:00 P.M. STIP June 12 R Robinson  
\*T-TH 8:00 A.M. Low Impact June 12 L Burke  
\*Sat 8:00 A.M. STIP June 16 L Ziares

\*Babysitting \$1.50 per chld \$3.00 per family

**Sponsored by Detroit Community League:**  
(Register through Noon Club, E. of 810 344 8330)

NO CLASSES 5/28, 5/29, 6/2 or 9/13

1 day per wk \$25 2 days \$54 Unlimited \$76 11 weeks  
1 day per wk \$46 2 days \$70 Unlimited \$90 13 weeks

ASHTON 11th St. Hi/Low Impact June 12 J South

### FARMINGTON

Farmington  
(38500 N. New Main Rd. E. of Haggerty)

10 weeks  
1 day per wk \$25 2 days \$54 Unlimited \$69

• \$10.00 rental fee will be charged for the step classes

1 day per wk \$25 2 days \$54 Unlimited \$69

\*M-W 8:00 A.M. Hi/Low Impact June 12 N Brown  
\*M-W 8:25 A.M. Low Impact June 12 S Brown  
\*M-W 9:35 A.M. Hi/Low Impact June 12 S King  
\*M-W 7:10 P.M. Hi/Low Impact June 12 S Brown

1 day per wk \$25 2 days \$54 Unlimited \$69

T-TH 6:00 A.M. STIP June 12 A Werther  
T-TH 6:25 A.M. STIP June 13 S Kambrowski  
T-TH 7:00 P.M. Hi/Low Impact June 13 L Harriet  
T-TH 7:00 P.M. STIP June 13 L Harriet  
Sat 8:00 A.M. Hi/Low Impact June 13 L Burke  
Sat 9:25 A.M. Low Impact June 13 R Robinson

\*Babysitting available \$1.50 per chld \$3.00 per family

**Sponsored by Farmington Hills Recreation Center:**  
(Farmington Hills Recreation Center  
(76600 N. Main Rd., East & Dore C)

10 weeks  
3 days per wk \$25 2 days \$54 Unlimited \$69

• \$10.00 rental fee will be charged for the step classes or bring own step

\*M-W 8:30 A.M. STIP June 12 STIP  
\*M-W 7:00 P.M. Hi/Low Impact June 12 S Williams  
\*T-TH 9:30 A.M. Low Impact June 12 J Sore  
\*T-TH 6:00 P.M. Low Impact June 13 J Perez  
\*T-TH 6:30 P.M. STIP June 13 STIP  
T-TH 7:00 P.M. Hi/Low Impact June 13 J Harriet  
Sat 8:00 A.M. Hi/Low Impact June 19 J Sore

\*Babysitting available \$1.50 per chld \$3.00 per family

Fairfax Community Center  
(14444 and Drake)

1 day per wk \$21 \$2.00 more information  
1 day per wk \$25 2 days \$54 Unlimited \$69

Weeks end with Saturday Low Impact and Body Sculpting

\*M-W 8:30 A.M. Low Impact June 12 C Kambrowski  
\*Babysitting \$1.50 per chld \$3.00 per family

### ROCKFORD

**Sponsored by Rockford Community League:**  
(Sponsored by Rockford Community League  
(Off Warren St. W. of Pioneer St., N. of 10 Mile)

10 weeks  
1 day per wk \$25 2 days \$54

Community Education Center  
(Off Warren St. W. of Pioneer St., N. of 10 Mile)

1 day per wk \$25 2 days \$54  
T-TH 7:30 P.M. Low Impact June 26 STIP

## CALL (810) 353-2885

\*Indicates Babysitting Available